

## Dancing: a FUN Exercise



I found a sport - ballroom dancing- that works for me. Having four large universities close by with inexpensive beginners' programs helps even more. It's the exercise with a friend plan that has been around a long time. The music is usually upbeat too, so I see a lot of smiles. By the way, I haven't had a "partner" in years. Single dancers are all over the place.

It is a fun exercise, and there is a form of dance for everyone. Even the macho guys find they like it when they meet the lovely, fit ladies on the dance floor.

Diane says we have a great time and welcome new dancers. What a great way to develop strong bones and good balance for retirement years. Stress melts away, and continual learning keeps you sharp. Sort of sounds like any physical activity you enjoy doing, doesn't it?

When we aren't dancing, we ski, skate, and kayak. We will be dancing in the Michigan Senior Olympics in July: waltz, fox trot, and cha cha.

### **SOM ballroom dancers in action:**

Pete Bernardo is the Facilities Management Section Manager, MDOT. I am Dancin Diane Carlson with Water Bureau, DEQ (both pictured above). Ken Armock is the Motor Fuel Quality Manager, MDA and Crystal is MSU graduate student (pictured on the right).

